

Rituals Ceremony & Tools

Ceremony Examples:

- Full Moon Release & Manifestation Ritual: Write down what no longer serves you, safely burn the paper, then write intentions to place under moonlight.
- Lunar Bath Ritual: Use sea salt, rose petals, and essential oils in your bath while setting clear intentions for renewal and healing under the full moon.
- Crystal Charging Ceremony: Place cleansing crystals like selenite or clear quartz outside under the full moon to amplify your spiritual energy.

Ritual Examples:

- Journaling for Shadow Work: Reflect on fears, limiting beliefs, or emotional blocks you want to release during the lunar cycle.
- Meditative Moon Gazing: Spend 10–15 minutes in quiet meditation, looking at the full moon to connect with lunar energy and your intuition.
- Gratitude & Intention Setting: Write down things you're grateful for, then write your intentions for the next cycle, linking release with manifestation.

Tools:

- Smudge Sticks: Sage, palo santo, or sweetgrass for cleansing your space and energy before rituals.
- Candles: White or silver candles to honor the lunar energy during ceremonies.
- Crystals: Moonstone, labradorite, and amethyst to support intuition, protection, and energy balancing.
- Journals: Special moon journals or any notebook dedicated to tracking cycles, emotions, and intentions.



Ceremony, Rituals & Tools section:

6 spiritual and self-healing rituals, broken down by experience level, with tools needed for each. These can serve as grounding, energetic clearing, or soul-activating ceremonies.

For Beginners (Simple, Intentional, Grounding)

1. New Moon Intention Ritual

- **Purpose:** Plant energetic seeds for a new cycle
- **Tools:** Journal, candle, glass of water, quiet space
- **Steps:** Write intentions, light candle, speak them aloud, release expectations

2. Salt Bath Releasing Ceremony

- **Purpose:** Cleanse energy, release emotional heaviness
- **Tools:** Epsom or sea salt, essential oils, candle, calming music
- **Steps:** Set intention before soaking, visualize the stress leaving your body

3. Morning Gratitude + Smoke Clearing

- **Purpose:** Start the day aligned and energetically clear
- **Tools:** Incense or herbal smoke (mug wort, rosemary), gratitude journal
- **Steps:** Cleanse space with smoke, write 3 gratitude's, set a daily mantra

For Advanced (Deeper, Transformative, Ancestral)

4. Ancestor Honoring Ritual

- **Purpose:** Connect with lineage wisdom, offer respect
- **Tools:** Altar, photo or heirloom, candle, offering (food, herbs)
- **Steps:** Light candle, offer words/prayer, sit in stillness and listen

5. Cord Cutting + Energy Reclamation

- **Purpose:** Release energetic ties that drain or limit
- **Tools:** Black candle, scissors or thread, obsidian or selenite crystal
- **Steps:** Visualize person/situation, cut thread while affirming freedom

If this is your first time stepping into ritual work — breathe. You don't have to 'get it right.' Ceremony is personal. It's less about perfection, more about presence. Feel your way through, trust your intuition, and know the magic is in your intention, not the aesthetics. Take what resonates, leave what doesn't.